

How to access our support

For more information and regular service updates

derbyshirecarers.co.uk/daacss

To submit a referral on someone's behalf or make a self-referral to the Derbyshire Young Carers Service

derbyshirecarers.co.uk/registration-and-referral

Our Carer Helpline is open Monday to Friday 9am-5pm

01773 833 833

The Derbyshire All Age Carers Support Service is delivered by Derbyshire Carers Association on behalf of Derbyshire County Council and Derby and Derbyshire Integrated Care Board.

The new service has been designed to deliver the Derbyshire Carers Strategy ensuring Young Carers, Young Adult and Adult Carers have access to preventative, timely, appropriate and person centred support.



scan me!

Derbyshire Carers Association

3 Park Road, Ripley, Derbyshire
DE5 3EF

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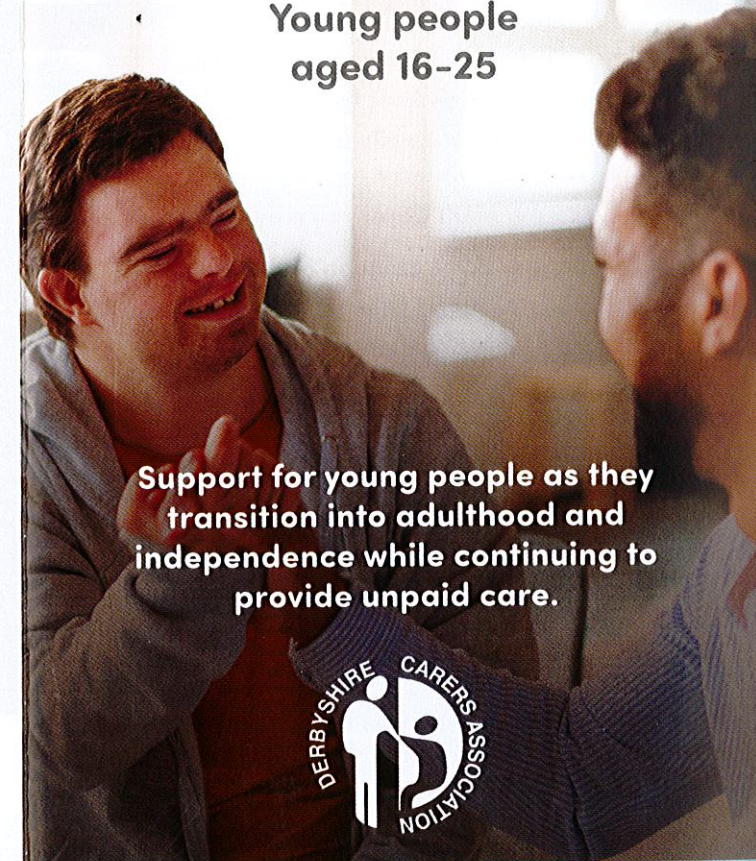


daacss

Derbyshire All Age Carers Support Service

Derbyshire Young Adult Carers

Young people aged 16-25



Support for young people as they transition into adulthood and independence while continuing to provide unpaid care.



What Young Adult Carers do

If you are a Young Adult Carer you may be helping a family member or friend with tasks such as:

- Providing emotional support
- Providing personal care
- Carrying out domestic tasks
- Caring for other family members

As a Young Adult Carer you may also:

- Need support, information and guidance
- Struggle to attend college or work
- Struggle with stress and anxiety
- Fall behind on deadlines
- Feel isolated

Support

We are here to help. We will work out a plan of support that will best suit you and your family.

Support could include:

- One to one sessions with a Young Adult Carer Support Worker
- Carer Assessments and Support Planning
- Group learning sessions and activities
- Support with transition into higher education or employment
- Help with finances and accessing other services
- Careers support
- Emotional support

Activities

Alongside our support programme you may be offered activities during evening and weekends.

These include activities such as:

- Sports activities
- Visits to local attractions
- Bowling / cinema
- Workshops – cooking, arts and crafts, music and wellbeing
- Meals out
- Family activities

